

Living the Mission Episode 8: Wrap-Up and Reflect

Delaney [00:00:05] Welcome to Living the Mission with the Center for Service and Social Action, I'm Delaney Burns.

Caroline [00:00:09] And I'm Caroline Maltese. Pull up your Adirondack chair.

Delaney [00:00:12] Or grab your favorite snack from The Tween.

Caroline [00:00:14] And come chat with us and some friends about experiences that have shaped our values to promote social change.

Both [00:00:19] And Live the Mission.

Caroline [00:00:24] Hey Delaney.

Delaney [00:00:25] Hi Caroline.

Caroline [00:00:26] How's it going?

Delaney [00:00:27] It's going well actually. I know we've been talking about being easier on ourselves and even I was talking to the guy at Trader Joe's who was ringing up my groceries and.

Caroline [00:00:39] Those people are godsend.

Delaney [00:00:40] They are! They're so kind and they they're such good conversationalists. But anyways, he was talking to me and we basically ended our conversation. And I was like, you know, give yourself some grace like, this is hard. We're all having a hard time. Everyone is getting through. And it's not ideal. Obviously, that's easily recognizable. But we can get through and also have a good time and be happy and be glad and be joyful.

Caroline [00:01:07] Hmm hmm. I was just telling that to my teacher today. He was being really hard on himself. I was like, Earl, you got to cut yourself some slack, buddy. We all just need a little slack nowadays.

Delaney [00:01:17] We're doing this thing and that's what matters.

Caroline [00:01:20] We're going through. So we're at the end.

Delaney [00:01:23] Yeah, I can't believe we started a podcast! Now, we've made it through a whole season.

Caroline [00:01:27] Now we're here. We're at the end. We've gone through all the C's. Feels kind of good.

Delaney [00:01:32] It does. I love reflection, just being able to decompress from things and to look back and just like the whole work of what we've gotten to do. I think it's just been a very positive outlet and it's been something that I think has been good for both of our strengths and talents for us to have something to do and and some purpose in the midst of all of this. It feels good.

Caroline [00:01:53] For sure and getting to recognize how leadership is difficult. But leadership is even more difficult when you're in the middle of a pandemic trying to be a socially responsible leader and human. I think it's been really good for us to sit here and just like talk it out. And I know we, the liaisons, we hold the trainings and we try to get the conversation going. But I feel like we've dove a little bit deeper here and we've gotten to really just like explore the hardships and explore the struggles and talk about how we can move forward and the baby steps that we can take to to work towards our ultimate goal.

Delaney [00:02:30] Yeah. And figuring out how to embrace all of that. So I think it was nice. You know, I spent so much time like reflecting and seeing things and trying to, like, push myself to grow and everything, but to also just be able to, like, absorb information like this is the first time I've really thought about this, but it's kind of like, I don't know, when we were on our immersion in Ecuador, like we just listened to people. And people were so honest about their faith and their life and their service and their hardships and their joys and everything. And that's like this kind of gives people an opportunity. Obviously, you know, we're like like planting questions and we're like sorting through things. And there is like that element of it. But I think it's it's just nice to hear people's, like, honest answers and how people are working through things and just still being able to see all of the light that still is there.

Caroline [00:03:21] So speaking of questions, I think I have a question for both of us. I have answers as well. But out of these seven C's and after all we've talked about this, uh-huh. So I think it'd be interesting to talk about what C you think you're the strongest in and maybe which one for you needs the most work.

Delaney [00:03:40] OK.

Caroline [00:03:41] And if this has changed since going through the podcast. If it has, if when we started, you would have answered differently.

Delaney [00:03:49] Oh, actually, yes.

Caroline [00:03:51] OK, yay!

Delaney [00:03:52] Yeah, I would say right off the bat, I think that what I always saw myself struggling in was controversy with civility.

Caroline [00:03:59] I agree.

Delaney [00:03:59] But you agree for me or you agree for you?

Caroline [00:04:03] I agree for me.

Delaney [00:04:04] Oh, OK.

Caroline [00:04:04] But we're similar.

Delaney [00:04:05] Yeah.

Caroline [00:04:05] So I agree for you too!

Delaney [00:04:06] Yeah.

Delaney [00:04:07] So that one definitely would have been the one that I think I was like, oh yeah, I can't do that. Like I don't like controversy. Like I know on my strengths finder I always test big for peacekeeping and I'll always say that. But after we talked with the SLT I actually was like, oh I think I am like, I'm actually not bad at this. You know, I think just like how we were talking in the beginning, we don't give ourselves credit for things enough and like look back and actually see like the growth in ourselves. But definitely the way we were having that conversation, talking about how we lean into things or push into them even when they're hard, that definitely I feel like that's something that I've done and been able to, like, articulate more. So originally I would have said that was my weakest link, but I think actually I'm better at that than I thought.

Caroline [00:04:53] OK, so then what would you say now? What would you consider your weakest one?

Delaney [00:04:58] Honestly, probably collaboration.

Caroline [00:05:00] Interesting! That's a curveball, I didn't expect that.

Delaney [00:05:02] Yeah, I don't know, I'm just looking at all of them again and that one sticks out to me, especially the collaboration one. I remember Blake said something in the episode and I had asked because I usually write the questions, you know, and I had asked something like, what would you say to somebody who struggles with collaboration? Like, how can they believe that, like other people have something that's like beneficial to contribute?

Caroline [00:05:27] Right. Right.

Delaney [00:05:28] And I don't know if he, like, knew exactly that I wrote the question, but like, it was kind of a general question. But I write the questions also for things that I want answers to. And he said something like really quick back like, well, then there's probably something where you're not acknowledging, like other people's strengths. And I was like, oh, that kind of hurt! But that's true. Like like he's like, well, then there's maybe something like wrong or something like wrong with the person's like mindset who isn't able to see that everyone has something to bring to the table. Which I know, like control of things like I know a lot of people can struggle with it. But yeah, I would say collaborating is is definitely tough.

Caroline [00:06:06] If you had to guess one for me to be my weakest, what would you say? I've thought about it, so I have an answer.

Delaney [00:06:12] OK, maybe, um, consciousness of self.

Caroline [00:06:17] Mmmm that's not what I picked.

Delaney [00:06:18] No? OK, I'll guess one more time. OK, and just tell me. Common purpose?

Caroline [00:06:22] No, no!

Delaney [00:06:23] I don't really know!

Caroline [00:06:24] I said citizenship for myself.

Delaney [00:06:26] Oh Okay. That was actually I kind of thought that, but I was like no that one's too easy.

Caroline [00:06:31] No I originally would have said controversy with civility because like just trying to constantly maintain the peace and avoid the what's it called when you can... oh confrontation. Oh avoid confrontation. I try to do that at all costs. And so I was like, oh, controvers, controversy with civility maybe but not really. I said citizenship because after talking with Dr. Stevens, my idea of citizenship was like blown out of the water. Like I had always thought citizenship, election, voting.

Delaney [00:06:58] Oh yeah.

Caroline [00:06:59] Sort of in my brain that's how it worked. And I've like, ask anybody that I've talked to about this whole election season. I've been just, like, so confused. But then when we talked with Dr. Stevens, she she like really just opened my mind, like it's way more than that, like voting that's like sort of the minimum that you can do right now. And so I'm like, well, I need to, like, revisit that. I need to, like, rethink about what my idea of citizenship is and focus on the things. And I think that she was talking about an episode like finding your own purpose and joy and like using that to then find your passions in life and then using your passions to then work for the things that you believe in and work for justice.

Delaney [00:07:38] True. Yeah, that was a crazy connection that citizenship has to do with joy. Like, I would not have thought that, like when she was saying, you know, you always hear, like, you can't, you know, pour from an empty cup and like all these analogies like and they're kind of like worn out. But like to think about that and then to think about citizenship, like, I think we saw that a lot. Like you have to become most alive first. Like you have to take care of yourself, like see where you're at, like identify your individual values. And from there, everything else can ripple.

Caroline [00:08:08] And that was really I really felt a lot of that connection back to what Andrew was talking about in the Consciousness of Self discussion when we talked about taking those minutes at the beginning, in the middle, of the end of the day and seeing where you're at and seeing what emotions you're feeling and how that can contribute to all of these other values that we talked about. I was like, whoa.

Delaney [00:08:28] Yeah. And I think that's something that we forget about and we fall to the side. And I think especially like where we're at in current circumstances like that, we are supposed to be happy. We're supposed to be joyful. We're supposed to be passionate about things. Like, yes, it's harder, but like that doesn't mean that we should just, like, let it pass, pass aside and, like, be, you know, off in the distance. Like when we are passionate, we know we can make the most impact and like we're able to influence people the most. And and just like be able to take care of ourselves.

Caroline [00:08:59] Yeah, for sure.

Delaney [00:09:01] I have a question for you.

Caroline [00:09:02] Oh, please!

Delaney [00:09:02] Yes. But first, I would also say that with this I was thinking to you know, we were like asking each other, where did we see that maybe we needed more growth? But I will say, even here it goes back to the grace thing. Acknowledgment is the first step, I feel like, of anything. So if you're able to say, like, here's where I need to reflect and here's where I can pinpoint that I could be better and I could grow, it's still like, you know, that's that's something. Yeah, it's like where can I grow more? And it's like a scale of these different places. But yeah, being able to acknowledge it in any sense is good.

Caroline [00:09:40] Mmm hmm.

Delaney [00:09:40] OK, my question is, what is your biggest takeaway.

Caroline [00:09:44] Oh, I know actually I know this! I thought I was going to be a hard question, but I think it's easy! My biggest takeaway is that we have to acknowledge in order to be socially responsible leaders, which is like and what we were talking about and living the John Carroll mission, I think it's so important to acknowledge everybody's differences and to not try to convert, you know, to all always, all the time come together and like, do things the exact same way all the time. But to use your strengths and your different strengths, to then use your passions to work in the best way that you work to your skill set for the common purpose for like a shared aim or goal.

Delaney [00:10:24] Yes, I was I was waiting for you to say one word. I feel like it was like the the hot word for the whole podcast: connectedness. I feel like it came up in every single episode, like in some way. But it's just like so much of it relies, you know, we were just reflecting on how we have to station ourselves first and center ourselves first and everything. But connectedness.

Caroline [00:10:45] Yes.

Delaney [00:10:45] Like it just came up so much and so often.

Caroline [00:10:47] And acknowledging that maybe I am not the best with citizenship or controversy with civility or pick any one, it doesn't matter. But that you may be really excelling in those and using everybody's strengths. So like I like the analogy of like if everybody in this world were one thing, like we would have so many problems.

Delaney [00:11:06] Right.

Caroline [00:11:06] So if everybody in this world were a teacher or a doctor or any any any profession, who was going to like when our toilets get backed up, who is going to unclog our toilet? We wouldn't know how to do that!

Delaney [00:11:18] Yeah.

Caroline [00:11:19] You wouldn't. You could you would always have something in your way!

Delaney [00:11:22] OK. Yes. Yes. You're right.

Caroline [00:11:24] So like everybody has these different strengths and we have to play into them and we have to use them. And so I just think that, like, that has really touched me in a way where it's like we might not all be good at the same thing. And we just got to roll with that and we just got to use that to our advantage.

Delaney [00:11:41] And last thing with that it's not going to be perfect.

Caroline [00:11:43] No!

Delaney [00:11:44] I love that on the Citizenship episode I'm pretty sure, we said and you know, it's not going to be perfect right here, right now and it's going to be gritty and it's going to be hard. And it's not going to always look the way we want it to. But it's going to be good. It's good to always push through it.

Caroline [00:12:01] And then you can do your reflection. We talked oh, Dr. Stevens, if she were listening to this, she'd be really proud of me. She, we in her class we always did the See, Judge, Act. So it's like you see the problem. You're judging what what routes you can take and then you're acting on it. And it's a cycle. So it keeps moving. You keep moving through the cycle, recognizing the problem, seeing what you can do about it, and then acting on that and then go back and you reevaluate what was good, what was bad. You judge it, you you go back and act.

Delaney [00:12:27] Yeah, we're always getting better. And I think that a lot of people can be defeated by that. But there's no reason to be defeated.

Caroline [00:12:34] No!

Delaney [00:12:34] It's a marathon, not a sprint.

Caroline [00:12:36] So, guys, that's all we have for season one.

Delaney [00:12:40] Yeah.

Caroline [00:12:40] Delaney do you want to give us a little bit of a sneak peek onto what our listeners can expect for season two?

Delaney [00:12:46] Sure. So I won't say too much, but I will say that we have some hopes and we have some dreams for season two. We loved being able to have our framework of CSSA amplified here and at the forefront. So we are hoping to still kind of work with some model of social change, but kind of take it in a different way in a more broad and open way. And welcome on some more people and talk about different gifts and strengths that we have as well, again, with another framework that we use. So we are looking forward to continuing to grow.

Caroline [00:13:20] Should we, should we say the framework or is that a secret?

Delaney [00:13:24] Let's keep it a secret!

Caroline [00:13:25] You might need to listen in for next season. Be on the lookout!

Delaney [00:13:27] Yep! Well, thanks for joining with us here on season one. Yeah, I guess we're podcast hosts now! Co-hosts!

Caroline [00:13:36] Write that on the resume!

Delaney [00:13:37] I love signing my email as co-hosts of the Living the Mission podcast.

Caroline [00:13:42] Yes. So we hope everybody has a very safe, happy, healthy rest of this year. And we will see you all next year on...

Both [00:13:49] Living the Mission!

Delaney [00:13:55] Thank you for gathering with us here on Living the Mission.

Caroline [00:13:58] We hope that you continue to journey with us as we learn how to be socially responsible members of our community.

Delaney [00:14:03] In the meantime, connect with CSSA on all your favorite platforms.

Caroline [00:14:07] Instagram,

Delaney [00:14:08] Twitter,

Caroline [00:14:08] Facebook.

Both [00:14:09] See you next time!